



Savannah River
Nuclear Solutions, LLC
A Fluor Daniel Partnership SM

Wellness Initiatives for Our Dynamic Times

Sharon Kaye Wingard, RN, BSN

Savannah River Site Wellness Program
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DOE-ISM Conference

Knoxville, Tennessee

Sharon Kaye Wingard, RN, BSN

- Kaye is currently employed by Savannah River Nuclear Solutions as the Savannah River Site Wellness Program Coordinator. She has been employed at SRS since 2000 and has held positions as an occupational medicine nurse and disability case manager prior to assuming the role of Wellness Program Coordinator. Prior to her employment at SRS, Kaye has worked extensively as a nurse in ICU, CCU, Open Heart Recovery ICU, Emergency Nursing and in Nursing Education. She received her Bachelors of Science Degree in Nursing from the Medical University of South Carolina in Charleston.



Today's Wellness Dynamics

- **Health care changes**
- **Rising costs of health benefits**
- **Economic issues**
- **Aging workforce**
- **Employee safety**
- **Retention and recruitment**

I. Early Detection, Intervention and Education

- **Annual Mayo Clinic Health Assessment**
 - Personal health report generated
 - Aggregate data generated
 - Mayo Clinic portal page customized to employee strengths and risks
- **Dedicated web site provided by the Mayo Clinic**
 - Available to employees and family members from work and home
- **Interactive Programs available on Mayo Clinic web site**
 - Fitness for Everybody
 - My Weight Solution
 - Stress Management
 - Smoking Cessation
 - Healthy Pregnancy



- **Monthly Newsletters**
- **Health Fairs – held quarterly across SRS**
 - Blood pressure
 - Total cholesterol
 - Blood glucose
 - Height, weight, BMI
 - Percent body fat analysis
 - Employee counseling available for findings and wellness questions
- **Wellness presentations provided across SRS targeting major risk factors**





- **On-site digital mammography offered monthly**
- **On-site weight loss program provided by Wellness Coordinator**
- **Individual counseling provided by Wellness Coordinator**
- **Comprehensive prostate screening provided on-site**
- **Working with Benefits to provide incentives and pathways to work on health promotion/disease prevention**

II. Non-Prescription Readers Program / Prescription Safety Eyeglass Program

- **Non-Prescription Readers Program**
 - Vision screenings offered by Site Optician
 - Visual Acuity and Visual Fields examined
 - Non-Prescription Readers provided by the Company upon vision screening
 - Clear Readers – 2 pairs
 - UV blocking sunglasses – 1 pair
 - No cost to employee
 - Cost to Company - \$4.73 per unit



- **Safety Eyeglass Program**

- Employees requiring prescriptions for near and far vision
- Safety prescription eyeglasses provided at low cost to employees
- Vision Health and Injury Prevention education provided by the Site Optician
- UV blocking sunglasses provided
- Vision Fairs

III. Stress Management / Depression

- **Partnership program with EAP and Site Psychological Services**
- **Needs assessed via HRA, EAP, Site Psychologists, and Occupational Medicine Clinic**
- **Use of Site Safety Video**
 - Signs and symptoms
 - Resources available
- **Four-hour Stress Workshops**



- **Mini Stress Workshops provided in area Safety Meetings**
 - Signs / symptoms
 - Health effects
 - Safety issues
 - Progressive muscle relaxation
 - Coping skills
- **“Planning for Your Long Term Care” – day-long workshops (4 total) provided by the South Carolina Lieutenant Governor’s Office Council on Aging**
- **“Planning for Children with Disabilities” – workshop provided by the South Carolina Lieutenant Governor’s Office**



IV. Walking Program

- **Developed as intervention to modify Savannah River Site employees major risk factors:**
 - Obesity
 - High cholesterol
 - Cardiovascular diseases
 - Diabetes
 - Stress
- **Designed to meet individual goals and team competition**



- **Excel spreadsheet developed and placed in a group folder**
- **Partnered with the SRS Employee Association to provide Wellness Walking Program T-shirts as incentive to walkers reaching mileage goals**
- **Recognition via Site video and SRS News**



Thank You!



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